



## Longganisa Rice Recipe

---

Preparation Time	15
Cooking Time	23
Serving Size	6

### Ingredients:

- 2 Tbsp oil
- 250 g longganisa, garlic, removed from casing
- 1 Tbsp garlic, crushed
- 1 cup onion, red, sliced
- 1 pouch DEL MONTE Italian Style Spaghetti Sauce (250g)
- 1/4 cup bell pepper, red, diced
- - salt, to taste
- 5 cups rice, cooked
- 2 Tbsp onion, green, sliced

### Preparation:

1. Sauté longganisa until oil is extracted. Remove excess oil. Add garlic and onion and sauté for 3 minutes.
2. Add DEL MONTE Italian Style Spaghetti Sauce, bell peppers, and salt. Cover and simmer for 5 minutes. Add rice. Blend well. Top with green onions.

### Chef's Tip

The best type longganisa to use for this recipe is garlic longganisa because it goes well with the sauce. Hamonado type or the sweet type of longganisa will be too strongly flavored for this dish.

### Lusog Notes

This recipe is a good source of protein. Protein is important for the growth, development and repair of body tissues.

### Cooking Skills Needed

- Sautéing
- Simmering
- Slicing

### Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon